

Hamilton Beach®

Flatbread MealMaker Express™

Over 15
Recipes!



Flatbread Maker Safety

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against risk of electrical shock, do not immerse appliance, cord or plug in water or other liquid.
4. Close supervision is necessary when this appliance is used near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Call our toll-free customer service number for information on examination, electrical repair, mechanical repair, or adjustment.
7. The use of accessory attachments not recommended by Hamilton Beach/Proctor-Silex, Inc. may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces, including stove.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, turn all controls to "OFF," then remove plug from wall outlet.
13. Do not use appliance for other than intended purpose.

SAVE THESE INSTRUCTIONS!

CONSUMER SAFETY INFORMATION

This appliance is intended for household use only.

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug). This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit, contact an electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the grounding pin, part of the 3-prong plug.

To reduce risk of electrical shock, do not immerse the flatbread maker in water.

To avoid an electrical circuit overload do not use another high wattage appliance on the same circuit with the flatbread maker.

This appliance has a short cord to reduce the hazards of becoming entangled or tripping over a longer cord. An extension cord may be used if the electrical rating of the extension cord is equal to or greater than the rating of the flatbread maker. Use only an extension cord rated 10 amperes or greater. Care must be taken to arrange the extension cord so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over.

Always use hot mitts to protect hands when opening the flatbread maker.

CAUTION: Escaping steam may cause burns.

WARNING: To reduce risk of personal injury, allow unit to cool before lifting or moving. Do not lift or move while in operation.

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Parts and Features



Operating Instructions

Before first use, wash the Cover and Bread Paddle in hot, soapy water. Rinse and dry. Use a hot, damp cloth to wipe the Griddle and both upper and lower surfaces of the Press.

1 Select a flatbread and filling recipe to prepare.

2 Plug unit into 120 volt AC outlet.



Line up pin on Handle shaft with slot in upper plate. Insert Handle into Flatbread MealMaker Express. This is the unlocked position. The Handle will rotate freely if properly inserted.



Push the Handle down, then rotate clockwise to lock onto the Latching Pin. Turn the Press Switch on to preheat. The Press Indicator Light will stay on constantly. The Bread Paddle should remain in the Press so it will preheat.

5 Turn on the Griddle to preheat. Keep Cover on to preheat. As the Griddle heats and cools to maintain the set temperature, the Griddle Indicator Light will cycle on and off.

6 The Press and Griddle should be preheated in about 10 minutes.

Operating Instructions (cont.)



Unlock the Press, remove Bread Paddle, and place specified amount of dough onto the Bread Paddle. The dough should be positioned toward the rear of the press. Replace Bread Paddle into unit. The Bread Paddle handle will fit into slots on either the right or the left of the Latching Pin.

8 With the Latch in the unlocked position, push the Handle down. Press and cook as recipe specifies.

9 Open the Press and remove the Bread Paddle with the cooked, pressed flatbread.

10 The flatbread can be transferred to the Griddle for warming, further cooking, or browning if desired or needed. The Griddle can also be used to cook the filling for the flatbread.

Cleaning

- 1 Turn all controls off, unplug, and let cool.
- 2 Wash Cover and Bread Paddle in hot, soapy water. Rinse and dry.
- 3 To clean the Griddle, and upper and lower plates of the Press, wipe with a hot, soapy dishcloth or sponge. Rinse the dishcloth or sponge in clean, hot water and wipe surfaces again.
- 4 Wipe all other surfaces with a clean, damp cloth.
- 5 To clean burned-on food from the Griddle, pour 1 cup hot water into Griddle. Let soak, then scrub with a nylon brush.

Storing

- 1 To store the Flatbread MealMaker Express, let cool then clean as instructed.
- 2 Remove the Press Handle and store in the slot provided on the back of the unit. Push the cord into the cord storage area also on the back of the unit.



To store the unit, we recommend a storage area under a countertop. Please do not try to lift and store the unit on a high shelf. Remove the Cover, then lift the Flatbread MealMaker Express by placing your hands under the unit. Once stored, replace the lid with the unit.



History of Flatbread

People all over the world have been using flatbread as a wrap for food for thousands of years. Even though many of these breads are from different ethnic cuisines, they are still remarkably similar. Most use basic ingredients such as wheat flour, corn flour, rice flour, or buckwheat flour and water. Some also use salt, fat, yeast, or baking powder as leaveners. Although the flatbread concept is not new, it continues to grow in popularity—not only presenting a delicious solution to today's cooking, but providing a healthy, quick one-dish meal for today's busy families. Discover what you can create using primitive bread recipes with a modern twist with your Hamilton Beach Flatbread MealMaker Express.



Fusion Cooking

The world of cooking is becoming a smaller place. Everywhere you look—from fast-food restaurants to monthly cooking magazines—you'll find people mixing basic foods from different cultures—from Chinese and Indian to Italian and Tex-Mex cuisines.

For example, you can make the basic Mexican Flour Tortilla, fill it with Thai Shrimp, and you have blended two cultures into one delicious meal. Add sun-dried tomatoes or pesto to that same Basic Flour Tortilla and wrap in Chicken Primavera for an Italian twist. This concept, called fusion cooking, is a growing trend in food preparation today. The recipes that have been developed for the Flatbread MealMaker Express will show you how to take the basic ingredients from different cuisines and wrap them up into a meal that your family will have fun making—and eating.

Why stop with wraps? Many of the flatbreads in this book may be used as other parts of a meal like edible “plates” or as a “scoop” to pick up a filling. Serve them as a unique bread alternative to accompany a meal. Be creative with your Flatbread MealMaker Express. It's easy to create delicious dishes using a fritatta, an omelet, a pizza crust, and even a dessert like a crepe—all made in your Flatbread MealMaker Express.

Flatbread Basics

Thickness

- The consistency of the dough will be a major factor in the thickness of the flatbread. Softer, wetter dough will be easier to press resulting in thinner, larger breads. The type and amount of flour and fat, and the use of leavening agents, will also influence the consistency of the dough.
- The dough for all recipes should be soft and pliable. Ideally, the dough should be wet, but not sticky. You will know if the dough is too wet if it sticks to your hands or the Press during pressing.

Measuring Tips

Accurate measurement of the following ingredients is the best way to ensure that the dough will be the right consistency.

Liquid

Use a clear plastic or glass measuring cup when measuring liquids. Place the cup on a level surface; make sure your eye is level with the amount you are measuring.

Flour

Before measuring, stir the flour to “lighten” it. Use a metal or plastic cup made for measuring dry ingredients. Spoon the flour into the cup and level off with a knife or spatula. Do not dip the cup into the flour or bang down on the counter to level the cup. This will pack the flour and result in over-measurement.

Texture Tips

Oil, Shortening, and Butter

- You may use vegetable oil, shortening, or butter. Many of the recipes call for 2-3 tablespoons of oil. Tortillas made with 3 tablespoons of oil will press out slightly larger and have a flakier texture.
- If using 2 tablespoons of oil, add 1 additional tablespoon of water to replace the liquid.
- If using shortening, use a rubber spatula to press it firmly into a dry measuring cup. Level off using a knife or metal spatula.

Baking Powder

Baking powder has been added to all of the tortilla recipes in this book. It can be eliminated, but its addition helps to give the tortillas a lighter texture and thickness.

Size

- The amount of dough and the pressure you exert when pressing the dough will determine the size and thickness of the flatbread.
The tip of the Latch on the Handle produces an average flatbread.
The further the handle rotates clockwise the thinner the flatbread.

For Example: The recipe for the flour tortilla instructs you to divide the dough into 6 pieces. If you press each piece 2 to 4 times and turn the Latch clockwise to the end, you will get an 8-inch tortilla. In this case you are exerting the most pressure and flattening as much as possible.

However, if you press fewer times and lock at the tip of the Latch, you will be exerting less pressure and you will get a smaller, thicker 6-inch tortilla.

Temperatures

Press

Once the Press is preheated, it will remain at a thermostatically-controlled constant temperature. This is ideal for making all of the flatbread recipes in this book.

Griddle

Three thermostat settings allow foods to be cooked at the perfect temperature.

- **KEEP WARM** – With the Cover on, this setting keeps prepared fillings, flatbread, or wraps warm for up to 40 minutes.
- **MEDIUM (Bake)** – This setting is used for baking thick breads. Using the Cover during baking turns the Griddle into an oven.
- **HIGH (Cook)** – Sauté, stir-fry, and pan-fry foods for breakfast, lunch, and dinner as you would with any traditional electric griddle. Use this setting to cook most of the flatbreads and fillings for the recipes in this book.

Tips for Success

About the Symbols

Our easy-to-use recipe symbols give you information at-a-glance!



Indicates that this recipe will need additional time for rising or imparting extra flavor.



Indicates a great “make ahead” product. Some flatbreads can be made ahead of time and refrigerated or frozen until you are ready to use them.

NOTE: To rewarm the pressed and cooked flatbreads, place them in a 250°F oven before using.



Indicates recipes that have a preparation and cooking time of 20 minutes or less.



Indicates low-fat recipes as established by FDA guidelines.



Indicates that you will need to refer to the “Mixing the Dough by Hand” section on page 11 for more information.

About “Rising” Time

The time needed to make flatbread from scratch will vary from recipe to recipe. For example, flour tortillas, which have no yeast, can be made in just a few minutes. However, pita bread, which is leavened with yeast, will need time for the yeast to activate.

About the Recipes

In the filling recipes, the bread choices are located at the end of the ingredient list. This allows you to quickly locate the suggested bread. You may use our suggestions, or substitute any of your favorite flatbread or refrigerator convenience doughs.

NOTE: If you change the quantities recommended in the recipe, this may change your cooking time and temperature.

Mixing the Dough by Hand



The following steps are standard instructions for mixing dough by hand. These instructions can be used when preparing any of the Bread Recipes in this book.

Dry Ingredients

Combine all dry ingredients that are being used in the bread recipe (flour, salt, baking powder, etc.).

Liquid Ingredients

Combine water with any oil that is listed in the recipe. Add the liquid to the dry ingredients slowly. Reserve a small amount until you are sure that the dough forms a ball and is not too wet. For example, if the recipe calls for $\frac{1}{2}$ cup of liquid, add all but 1 or 2 tablespoons. If the dough is too dry, add the remaining liquid a little at a time. The dough should be moist, soft, and smooth but not sticky.

Kneading

Turn the dough out on a lightly-floured board and knead for at least 1 minute. To knead, fold the dough over toward you and press into it with the heel of your hand—not your fingertips. Turn it a half-turn, fold, and press again. Repeat this process.

If the dough is too wet or sticky, sprinkle it with a small amount of flour (about 1 tablespoon) and continue to knead until the dough is smooth and elastic, usually about 3 minutes.

Standing Time

Allow the dough to stand for at least 20 minutes. This will give the dough time to “relax” and make it easier to stretch and flatten. If time does not allow for standing, you can eliminate this step. However, it will be necessary to stretch the dough more by hand or press several more times to obtain the best results.

NOTE: Other options for making dough include using an automatic breadmaker, food processor, or a hand or stand mixer. You may use any method you prefer. All will produce good results.

Convenience Dough

If time is short or you don't feel like making a wrap from scratch, you can use a convenience dough product, such as canned biscuits, cornbread sticks, pizza crust, crescent rolls, and breadsticks. These are readily available in the refrigerator case of your supermarket. The use of convenience dough will allow most of the recipes to be done in about 20 minutes. Choose a recipe from the Filling section and follow the cooking instructions below.

NOTE: When using convenience dough it is not necessary to use the Griddle to finish baking the wrap because the baking is completed during pressing.

1 Open canister and roll dough into equal-size balls.

2 Switch the Press on and preheat the Griddle to the temperature suggested in the filling recipe.

3 Prepare the chosen filling as directed in the recipe.

4 While you are preparing the filling, press the dough balls. To do this, carefully remove the Bread Paddle from the preheated Press and place a dough ball toward the rear of the Bread Paddle.

5 Replace loaded Bread Paddle into the Press. Press down twice to flatten the dough. Then hold the Press down for 15 seconds. The dough should cook but not brown.

NOTE: To ensure the bread will remain flexible for wrapping, do not overcook.

Finishing Option 1: As each wrap is pressed, fill it with some of the prepared filling, place it on a serving platter, and loosely cover with foil. Continue to press and fill the wraps until you have used all of the dough balls. This should take less than 5 minutes. Serve immediately.

Finishing Option 2: Press all of the dough balls and fill them all at once.

The Fold, the Roll, the Wrap



The Fold

To fill a flatbread, place filling in the center of the prepared flatbread. The Fold is simply folded in half.



The Roll

The Roll may be easier if the filling is spread over the flatbread and then rolled up like a jellyroll.



The Wrap

Begin the Wrap by folding one-third of the flatbread bottom up over the filling. Fold over both sides, then fold the top portion like an envelope.

NOTE: All folds are easier when the flatbreads are warm.

Finished Wraps



Ethnic Foods, Ingredient Substitutions, and Package Sizes

Many ethnic ingredients are now readily available in most large supermarkets. If you cannot find a specific ingredient listed, however, we offer the following list of substitutions. Some foods do not have a similar food to list as a substitution. In this case, we recommend replacing the liquid. The final recipe will not be ethnically representative but you may discover a new recipe with possibilities.

- **Curry paste** = 3 parts curry powder & 1 part chili powder
- **Coconut milk** = Simmer equal parts water and shredded coconut until foamy; then strain through cheesecloth.
- **Fish sauce** = 1 part red wine vinegar & 1 part soy sauce
- **Oyster sauce** = 1 part soy sauce & 1 part steak sauce
- **Bok Choy** is Chinese cabbage. Regular cabbage may be substituted.
- **Scallions** are also known as green onions or spring onions.
- Many recipes use a **seasoning or sauce mix** which may come in a variety of envelope sizes. If a recipe calls for a 1.8 ounce envelope and you can only find 1.2 ounce, the difference will not affect the final results of the recipe.

Nutritional Information

Calculating Nutritional Information Guidelines:

- Whenever there is a choice given in a recipe, the nutritional information that is given is for the first ingredient listed.
- Whenever there's a range in amount of an ingredient, the first number is the one that was used for the calculation.
- Ingredients listed as optional or as if desired are not included in the totals for the nutritional information that is given.

Information on the Size and Type of Ingredients Used in the Recipes:

The following ingredients were used in the testing of the recipes. The nutritional information given reflects these ingredients:

- large eggs
- 1% milk
- 85% lean beef
- vegetable oil
- lean, trimmed pork, beef, and lamb
- low-fat sour cream and yogurt
- frozen whipped topping
- skinless, boneless white meat chicken
- low sodium soy sauce
- cooking oil spray*

* Cooking oil spray was used in the recipes to keep the fat content of the recipes as low as possible. One tablespoon of oil can be substituted for added flavor and browning. If you substitute oil, preheat the griddle first and then add the oil. Allow the oil to heat for 30 seconds to 1 minute before adding the food to be sautéed.

Troubleshooting

QUESTION	ANSWER
The flatbread dough squeezes out the front of the Press.	Position towards the back of the Bread Paddle in the Press. Press lightly, open and push back bread. Finish pressing. Also check to make sure you're not using too much dough.
The flatbread is not flat.	Check that the position of the dough is towards the back of the Press. Then press firmly and quickly. Also make sure you're not using too large a dough ball.
The pizza dough won't press flat.	The thicker breads, like pizza, should first be flattened in the Press. Then move the dough to the Griddle and cover with a piece of aluminum foil. Using an oven mitt on your hand press down on the foil covered dough to help flatten.
When pressed the flatbread sometimes get holes in it.	Try using less pressure or several quick presses. The holes are caused when moisture in the dough turns to steam too quickly and "breaks" the dough.
The flatbread seems doughy or uncooked.	Try using smaller amounts of dough or increase the cooking time in the Press and/or Griddle.
The flatbread is too crisp or overcooked.	Use less pressure when pressing and remove from the Press or Griddle sooner.
The flatbread "breaks" when I try to roll or fold it.	If too thick, make thinner more flexible bread by less dough or more pressure when pressing. If too crisp, try shorter cooking times. If the flatbreads were made in advance and have cooled they must be reheated to be folded or rolled.
When pressing, the dough makes a funny sound.	This results from the air being rapidly pressed out of the dough. This is normal.
The Bread Paddle looks warped.	The paddle may have a slight bend to it due to the thinness of the metal. It was designed this way for a quick transfer of heat. This does not affect the performance of the unit.
Sauces or liquids are difficult to remove from the Griddle.	Use a spoon with a thin edge to remove the most liquid from the Griddle. A regular flatware spoon is better than most kitchen spoons.



Customer Service

Call our toll-free customer service numbers. Please note the model, type, and series number on the bottom of the flatbread maker, or have the flatbread maker close by when you call. This will help us answer your questions.

In USA: 1-800-851-8900

In Canada: 1-800-267-2826

Web Site Address: www.hamiltonbeach.com

Keep this number for future reference!

TWO YEAR LIMITED WARRANTY

Hamilton Beach/Proctor-Silex, Inc. warrants this appliance to be free from defects in material and workmanship for a period of two (2) years from the date of original purchase, except as noted. There is no warranty with respect to the following, which may be supplied with this appliance: glass parts, glass containers, cutter/strainer, nonstick soleplate and/or nonstick cooking surfaces. This warranty extends only to the original consumer purchaser and does not cover damage from abuse, neglect, use for commercial purposes, or any other use not found in the printed directions. HAMILTON BEACH/PROCTOR-SILEX, INC. EXPRESSLY DISCLAIMS ALL RESPONSIBILITY FOR CONSEQUENTIAL DAMAGES OR INCIDENTAL LOSSES CAUSED BY USE OF THIS APPLIANCE. Some states or provinces do not allow this exclusion or limitation of incidental or consequential losses, so the foregoing disclaimer may not apply to you. If you have a claim under this warranty, DO NOT RETURN THE APPLIANCE TO THE STORE! Please call our CUSTOMER SERVICE NUMBER. (For faster service please have model and serial numbers ready for operator to assist you.)

In the U.S. 1-800-851-8900

In Canada 1-800-267-2826

This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state, or province to province.